

## STRENGTH CIRCUIT 1-POSTURE

you need : towel, waterbottle, chair or bench, dumbbells 3-8kg,  
optional : mat



Sequence : warm-up for at least 5 minutes  
circuit x 2-3 for 35 min work-out  
cooldown and stretching for at least 5 min

For any strength training form is most important, try to find a weight were you find it challenging to complete the number of repititions but you can perform them without losing a straight back or without 'swinging' in the movements

Take time to recover in between sets but try to keep the rest under one minute

